Basic Psychology

DR. ADAM DIERCKX
CONSULTANT MEDICAL PSYCHOTHERAPIST
&
DR. OLIVER WILKINSON
CT3 IN PSYCHIATRY
Overview

- For what is it a ‘basic’ foundation?
- An understanding of...
  - General Mental Disorder
  - Mental Health
  - Therapies
- Background study
Today

- Session 1:
  Learning Theory

- Session 2:
  Perception, Memory & Information Processing

- Session 3:
  Emotion & Motivation
Learning Theory

- Classical Conditioning
- Operant Conditioning
- Aversive learning and Punishment
- Control & cognition
Classical conditioning

- Stimulus & Response
- \(\text{(UCS/CS)} \& \text{(UCR} \& \text{CR)}\)
- Trial
- Acquisition
- Reinforcement
- Extinction & Recovery
Classical Conditioning (2)

- Second order conditioning
- Generalization/Discrimination
- Conditioned fear
- Predictability & Cognitive factors
  - Contiguity
  - Predictability
  - Redundancy / blocking
  - Emotional factors
- Models of conditioning
- Constraints
Operant Conditioning

- Learning that a behaviour (response) OPERATES on the environment

- Thorndike’s Law of effect

- BF Skinner
  - Pigeons
  - Skinner box
Operant Conditioning

- **Basic OC**
  - Baseline
  - Reinforcement
  - Extinction
  - Discrimination
  - Rate of response

- **Advanced OC**
  - Shaping
  - Reinforcers (1° / 2°)
  - Generalization
  - Schedules
Aversion & Punishment

- Aversive conditioning
- Punishment
- Escape learning
- Avoidance learning
- Expectations
Control & Cognition

- Seligman’s dogs
- Contingency learning
- Biological constraints
- Complex learning
Perception

- Terminology
- Gestalt
- Object constancy
- Depth Perception
- Perceptual set
- Psychopathology
Perception: Terminology

- Absolute threshold
- Difference threshold
- Weber’s law / Fechner’s law
- Signal detection theory
Perception: Gestalt Psychology

- Whole different from sum of parts
- Simplicity
- Closure
- Continuity
- Similarity
- Proximity
- Figure – Ground differentiation
Figure – Ground differentiation
Simplicity - ‘Pragnanz’

Closure
Continuity

Similarity

Proximity
Perception: Object constancy

- Shape
- Size
- Light / Colour
- Location
Perception: Depth Perception

- 2x 2D images lead to 1x 3D perception
- Convergence
- Relative size / brightness
- Parallax
- Interposition
- Perspective
Perception: Perceptual Set

- Motivational state
- Perceptual stimuli perceived according to expectation
Perception: Psychopathology

- Misperceptions
- Intersubjectivity
Information Processing

- Data driven processing
- Concept driven processing
- Attention
  - Selected
  - Divided
  - Sustained
  - Controlled
  - Automatic
Memory

- Encoding
- Storage
  - Sensory memory
  - Short term (working) memory
  - Long term memory
- Retrieval
- Forgetting
Long Term Memory

- Declarative
  - Episodic
  - Semantic

- Non-declarative
  - Procedural
  - Emotional
Memory

- Encoding
- Storage
  - Sensory memory
  - Short term (working) memory
  - Long term memory
- Retrieval
- Forgetting
Motivation

- Extrinsic motivational theories
  - Drive reduction
- Intrinsic motivational theories
  - Optimal arousal
  - Cognitive dissonance
  - Attitude discrepant behaviour
  - Need for achievement
- Hierarchy of need...
Maslow’s Hierarchy of need

- Physiological
- Safety
- Belonging
- Esteem
- Cognitive
- Aesthetic
- Self-actualisation
Emotion

- Theories of Basic Emotion
  - Early theorists
  - Plutchik
  - Panksepp
- Purpose of emotion
- Clinical Implications
Theories

- Early theories
  - James-Lange
  - Cannon-Baird
  - Schachter-Singer

- Plutchik

- Disgust-Angry-Anticipating-Joy-Accepting-Fear-Surprise-Sad

- Panksepp
• Basic Emotion Control Systems x7
• SEEK
  ○ CURiosity; Lust; Play
• FEAR
• PANIC
  ○ Separation Distress; Care
• RAGE
Emotion

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Summary

- Basic Psychology topics
- Application to Psychiatry
- Caution...

- Any Questions?